

# STAYING HEALTHY IS IMPORTANT TO ME.



**My doctor said I should  
get a flu shot to protect  
myself AND the ones I love.  
*So I did.***



Department of Health and Human Services  
Centers for Disease Control and Prevention



For more information, ask your  
healthcare provider or call  
**800-CDC-INFO (800-232-4636)**  
Website [www.cdc.gov/flu](http://www.cdc.gov/flu)

